

Cincinnati Recreation Commission

2010 Southwest Ohio Senior Olympics Annual Athletic Competition for women and men ages 50 and older April 6 - May 15, 2010

Celebration of Athletes Saturday, May 15th Free

2pm Program and Awards with Refreshments to follow
Please call to reserve your space today.

Relive all of your greatest Senior Olympic achievements. A presentation will include photos, Champions Club Award, and Spirit Awards from this year's events. 30th Anniversary raffles will be drawn, medals will be given out and refreshments will be served after award presentations. Reservations are required, and space is limited to 125. Everyone is welcome!

Celebrating 30 years of Athletic Competition

Back in 1980, we don't think the original 67 athletes who competed in the First Southwest Ohio Senior Olympics ever thought that this program would celebrate 30 years. With the Council on Aging and the University of Cincinnati, 10 events were offered to those first 67. Now in 2010, we offer 16 sports and over 65 events to over 750 athletes each spring. The Senior Olympics has become a celebration of health, success and of course competition. Now there are always the jokes, aches and pains and of course training but in return we see teamwork, accomplishment, friendship, and so much more. The athletes are a family and some of the most wonderful and inspiring people you will ever meet. We have athletes who are excited to be 50 and we have the ones in their 90's who wouldn't miss the events for the world. We have *Put the Plus in 50+*, *Made Champions Everyday*, shown the world that *Age is an Attitude*, and *Made 2009 Our Time to Shine*. Through all of the organizers, we have never lost our vision: To encourage and promote healthy lifestyles and the joy of movement among people in Ohio 50 years and older through athletic competition and educational activities. In 2010, we hope that you will join us in celebrating the 30th anniversary of the Southwest Ohio Senior Olympics.

Southwest Ohio
Senior Olympics



1980-2010

Cincinnati Recreation Commission

*Here's what's
inside!*

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2010 Southwest Ohio Senior Olympics

Schedule of Events

Participants must arrive at least 30 minutes before each event to check in, receive pairings and warm up.

All event fees listed are in addition to the entry fee and must be paid at the site.

Any event having 12 or fewer athletes registered will be cancelled with 5 days notice.

No Refunds. All Athletes Registered will be notified.

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>	<u>Additional Info</u>	<u>Fees</u>
Tues, Apr 6	10am	Rowing	Cincinnati Recreation Commission Rowing and Fitness Center 925 Eastern Avenue (In the boathouse below Montgomery Inn)		
Sat, Apr 10	9am	Badminton	Bond Hill Recreation Center 1501 Elizabeth Place	Men and Women Doubles Mixed Doubles and Singles will follow You must provide your own racquet. No White Shirts	\$3.00
Mon, Apr 12	5:30pm 6pm– 9:15pm	Table Tennis Check in and Warm Up begins All Doubles & Mixed Doubles begins, all Singles will follow Doubles.	Pleasant Ridge Montessori 5945 Montgomery Road	Provide your own paddle. No white or yellow shirts. USATT rules apply.	
Apr 12- Apr 23		Tennis	Colonial Racquet Club 1575 Goodman Avenue	Players will be notified of match times in advance. You may play up to two matches in one day. Each player/team must provide their own racquets and a new can of USTA-approved balls.	\$12.00/Court
Sat, Apr 17	10am	Basketball Free Throw and Spot Shot 3 on 3 games will immediately follow the spot shot.	College Hill Recreation Center 5545 Belmont Avenue	Team captains must use the roster provided and will be notified of game schedule.	
Tues, Apr 20	10am	8-Ball Pool	Princeton Bowl 11711 Princeton Road		\$6.00
Sat, Apr 24	9am	Volleyball Games begin for all Men & Women	College Hill Recreation Center 5545 Belmont Avenue	Team captain must use the roster provided and will be notified of game schedule.	
Mon, Apr 26	9am or Noon	Bowling, Singles	Colerain Bowl 9189 Colerain Avenue		\$5.00
Tues, Apr 27	9am Noon	Bowling, Doubles Doubles - Men & Women Mixed Doubles	Colerain Bowl 9189 Colerain Avenue		\$5.00
Sat, May 1	8am	Toyota 10K Road Race		Call 721-PIGS (7447)	Separate Reg. Fee.

2010 Southwest Ohio Senior Olympics

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<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>	<u>Additional Info</u>	<u>Fees</u>
Sat, May 1	9am	Cycling, 1 mile, 5K, 10K	Mt. Airy Forest (Colerain Entrance)	No fixed-gear bicycles. Approved cycling helmets required.	
Sun, May 2	6:30 am	Flying Pig Marathon		Call 721-PIGS (7447)	Separate Reg. Fee.
Sun, May 2	8am 9am	Swimming – Short Course Warm up Begins Events Begin	Mason Community Center 6050 Mason-Montgomery Rd.		
Wed, May 5	8am 9am- 1:30pm Noon 1pm	Golf 18-holes Chipping 9-holes 9-holes - Solo Rider Division	Glenview Golf Course 10965 Springfield Pike		\$35.00 (cart included) \$12.75 walk/\$19.25 cart \$19.25 cart You must complete the Golf Entry information on the registration form. Tee times will be mailed to you.
Sat, May 8	9-11:30 11-Noon 1pm	Track and Field Open Pit-Field Events High Jump Track Events	LaSalle High School 3091 North Bend Road		
Tues, May 11	10am	Horseshoes All Men and Women	Moose Lodge 8944 Colerain Avenue	You must bring your own horseshoes.	
Wed, May 12	10am	Shuffleboard Men & Women (Indoor)	Lincoln Recreation Center 1027 Linn Street		
Sat, May 15	9am	Cycling 20K	Mt. Airy Forest (Colerain Entrance)	No fixed gear bicycles. Approved cycling helmets required.	
Sat, May 15	9am	Lungs on the Run 5K Road Race	Reading, Ohio Benson and Jefferson	Seperate Registration Fee Required. Call (513) 421-5222 for instructions.	
Sat, May 15	2pm	Celebration of Athletes Closing Social	College Hill Recreation Center 5545 Belmont Ave.		FREE

2010 Southwest Ohio Senior Olympics • General Information

How to Register

1. Complete BOTH sides of the registration form.
2. Sign the Liability Waiver/Media Release
3. Make check or money order for total amount owed (do not include on-site fees) to:
Cincinnati Recreation Commission.
4. Send your registration and fees to:
CRC- Senior Olympics
805 Central Avenue, Suite 800
Two Centennial Plaza
Cincinnati, Ohio 45202
5. Allow enough time for your registration to arrive in the Senior Olympics office no later than:
April 2, 2010.

Eligibility Requirements

- Age:** All athletes must be 50 years of age by December 31, 2010
Proof of age may be required when you check in for your event.
- Categories:** There will be separate categories for men and women in 5-year age increments as follows: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+. The Senior Olympic staff reserves the right to combine age groups for individual events when necessary.
- Awards:** Gold, silver, and bronze medals will be presented to the 1st, 2nd, and 3rd place finishers, male and female, in each age group for each event.
Please note... medals will not be mailed out after the games.
You must receive your medal at the conclusion of your event.

Friendly Reminders

- Registration forms and fees are due postmarked no later than March 26, 2010. We will accept late registrations up until April 2, 2010 for an additional \$5.00.
- **Any event having 12 or fewer athletes registered will be cancelled with 5 days notice.**
No Refunds. All Athletes Registered will be notified.
- **Fees are non-refundable.**
- **No on site registration for events.**
- You must accept the T-shirt size that you order. If you do not mark a shirt size you will receive an XL.
- Volleyball and Basketball team captains must complete their roster and send it in by the date indicated for their sport. It is the responsibility of the captain to assure that each team member has completed a registration form and paid the fees in order to be eligible to participate.
- Doubles players must list their partner's name on his/her registration form in the space available.
Confirm your entry with your partner before registering.
- Please limit yourself to 8 Track and Field events.
- Please limit yourself to 8 Swimming Events.
- Medals will not be mailed; you must accept them in person at the conclusion of your event.
- If you have any questions please call the Senior Olympics information line Monday – Friday during business hours at (513) 421-5222.

2010 Southwest Ohio Senior Olympics • Personal Information

Please Print Clearly!

Name: _____
Last First MI

Check if applies: () New Address () New Athlete How did you hear about Senior Olympics? _____

Address: _____
Street Address

City

State

Zip

Email: _____

Phone: _____
Home Phone Other Phone

Date of Birth: ____/____/____ () Male () Female

Emergency Contact: _____ Phone: _____

Fees

Registration Fee Postmarked by March 27 \$20.00 \$ _____

Late Registration Fee Postmarked by April 2 \$25.00 \$ _____

T-shirt () S () M () L () XL () XXL () XXXL \$ FREE

Voluntary Donation (Athlete Scholarship Fund) \$ _____

TOTAL \$ _____

Please make checks payable to: Cincinnati Recreation Commission

Mail all completed and signed forms with entry fee to: Cincinnati Recreation Commission
Attn: Senior Olympics
805 Central Avenue, Suite 800
Cincinnati, Ohio 45202

Liability Waiver / Media Release

The entry form is not complete until you have read and signed this waiver

In consideration of the granting of the request to enter the Senior Olympics, I, for myself, my heirs, executors and administrations waive and release any and all claims of damages I may have against the Cincinnati Recreation Commission, its agents and employees: sponsors, their agents, officers and officials, for any care rendered to me by their employees or agents during my participation in the Senior Olympics of 2010; and any and all participating sponsors and supporters for all claims of damage, demands, actions whatsoever, in any manner, as a result of my participation in said Senior Olympics. I attest and verify that I am physically fit and have sufficiently trained for the competition of this/these event(s) and a licensed medical doctor has verified my physical condition.

Furthermore, I hereby give and grant to the Cincinnati Recreation Commission, its successors and assignees and those acting under its permission and upon its authority, my consent for all purposes to the sale, reproduction and/or use of photographs/media of me (with or without the use of my name) by the photographers and in all forms of media and in all manners, including editorials, advertising, trade, display, art and exhibition.

In giving this consent, I release the photographers, his/her nominees and designees from liability for any violation of any personal or proprietary right I may have in connection with such sale, reproduction or use of my photographic likeness.

Print Name _____ Signature _____

2010 Southwest Ohio Senior Olympics - Official Event Registration Form

Please read all instructions carefully and complete both sides of this form.

Please use BLUE INK and write neatly. Place an **X** in the boxes of those events you wish to enter.

Events with an (*) require an additional fee to be paid by each athlete at the time of competition.

No Onsite Registration

Badminton*

- ☐ Singles
- ☐ Men's Doubles
Partner _____
- ☐ Women's Doubles
Partner _____
- ☐ Mixed Doubles
Partner _____

Basketball

- ☐ Free Throw
 - ☐ Spot Shot
- } Choose Only One

Bowling*

- ☐ Singles 9am
- ☐ Singles 12pm
- ☐ Men's Doubles
Partner _____
- ☐ Women's Doubles
Partner _____
- ☐ Mixed Doubles
Partner _____

Cycling

- ☐ 1 Mile
- ☐ 5 Kilometers
- ☐ 10 Kilometers
- ☐ 20 Kilometers

☐ Eight Ball Pool*

☐ Horseshoes

Road Races*

Additional registration & fee required.
Call 421-5222 for info.

- ☐ 5K Run-Lungs on the Run
- ☐ 5K RWalk-Lungs on the Run
- ☐ 10K Run-Toyota 10K
- ☐ 10K RWalk-Toyota 10K
- ☐ Marathon-F Pig-Run
- ☐ Marathon-F Pig-RWalk

☐ Rowing

☐ Shuffleboard

Swimming

You may choose up to 8 events

- ☐ 200 yd Freestyle
- ☐ 50 yd Butterfly
- ☐ 200 yd Backstroke
- ☐ 100 yd Breaststroke
- ☐ 50 yd Freestyle
- ☐ 100 yd IM
- ☐ 50 yd Backstroke
- ☐ 100 yd Butterfly
- ☐ 100 yd Freestyle
- ☐ 50 yd Breaststroke
- ☐ 100 yd Backstroke
- ☐ 500 yd Freestyle

Table Tennis

- ☐ Singles
- ☐ Men's Doubles
Partner _____
- ☐ Women's Doubles
Partner _____
- ☐ Mixed Doubles
Partner _____

Tennis*

- ☐ Singles
- ☐ Men's Doubles
Partner _____
- ☐ Women's Doubles
Partner _____

Track & Field

You may choose up to 8 events

- ☐ 100M Dash
- ☐ 200M Dash
- ☐ 400M Run
- ☐ 800M Run
- ☐ 1500M Run
- ☐ 1500M Racewalk
- ☐ Discus
- ☐ Javelin
- ☐ High Jump
- ☐ Long Jump- Run
- ☐ Long Jump- Stand
- ☐ Shot Put
- ☐ Football Throw
- ☐ Softball Throw

Golf Entry Information*

Greens fees must be paid at Glenview Golf Course upon check in.

- ☐ 9 Holes - Golf Cart ☐ Yes (\$19.25) ☐ No (\$12.75)
- ☐ 9 holes - Solo Rider Division (\$19.25)
- ☐ 18 Holes - Golf Cart required (\$35.00)
- ☐ Chipping

Names of those with whom you wish to play _____

Preferred Tee Time*

*We can't guarantee requested times but we will do our best to accommodate you.

Team Events: The youngest player as of December 31, 2010 determines the age group of your team. Entry in these events is by team only. However, each individual must complete a games entry and pay the appropriate fees. A team name and age group is required (ex. Tigers 60-64). Team captains must complete the official roster included in this packet for their team.

- | | | |
|--|-----------------|----------------------|
| <input type="checkbox"/> Men's 3 on 3 Basketball | Team Name _____ | Captain's Name _____ |
| <input type="checkbox"/> Women's 3 on 3 Basketball | Team Name _____ | Captain's Name _____ |
| <input type="checkbox"/> Men's Volleyball | Team Name _____ | Captain's Name _____ |
| <input type="checkbox"/> Women's Volleyball | Team Name _____ | Captain's Name _____ |

Attention Players: Please contact your Team Manager before sending in this registration form.

2010 Southwest Ohio Senior Olympics

Team Roster

TO BE COMPLETED BY TEAM CAPTAINS ONLY!

**All Rosters are due to the Senior Olympics office by the following dates:
Basketball Due 4/8/10 and Volleyball Due 4/15/10.**

**Please mail to: Cincinnati Recreation Commission, Attn: Senior Olympics,
805 Central Avenue, Cincinnati, Ohio 45202**

Team Name: _____

Age Group (circle one): 50-54 55-59 60-64 65-69 70-74 75-79 80+

Event (circle one): Basketball Volleyball

Team Captain: _____

Address: _____ City _____ Zip _____

Day phone: _____ Evening phone: _____

Basketball 10 player maximum with 1 out of state player (exceptions 70+, 75+, & 80+)

Volleyball 15 player maximum with 4 out of state players

Age divisions for all teams will be determined by the age of the youngest team member as of 12/31/10

Please Print Clearly!

	Name	Age	Phone	Shirt #	Office Use
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

***Please complete other side**

2010 Southwest Ohio Senior Olympics

Team Guidelines

1. Team rosters must be completed correctly, signed by the team captain and returned to: Cincinnati Recreation Commission, ATTN: SENIOR OLYMPICS, 805 Central Avenue, Cincinnati, Ohio 45202 by the following dates: **Basketball 4/8/10, Volleyball 4/15/10.**
2. Teams must be of all one gender.
3. All players must complete a registration form and pay all applicable fees to be eligible for team play.
4. All team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
5. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2010.
6. Teams must provide their own equipment including practice balls and numbered uniform shirts.
7. Athletes may compete with only one team per sport.
8. Team Captains will be notified of game schedule.

Format

If team numbers are conducive, teams will be divided into pools within their age division. Within each pool a single round robin tournament will be played. At the conclusion of the round robin, winners will advance and play a single elimination tournament. If entries are not conducive, a double elimination tournament will be played within the age divisions.

The Southwest Ohio Senior Olympics reserves the right to combine age groups in the event that there are too few entries in any one age group. Medal rounds may be played first before inter-age group play begins. We cannot guarantee any certain number of games due to the uncertainty of team registration.

If you would like to request a copy of the rules for a specific team sport please call 513-421-5222.

Captains please read the following:

I have read the Guidelines above and agree to abide by the rules set forth by the governing body of the Southwest Ohio Senior Olympics and the National Senior Games Association.

Signature: _____

***Complete other side with team information and roster**

2010 Southwest Ohio Senior Olympics Event Directions

Badminton - Bond Hill Recreation Center, 1501 Elizabeth Place, 45237

From I-75 (north or south): Go east on Rt. 562 the Norwood Lateral. I-71 (north or south) go west on the Norwood Lateral. Take the Reading Road exit and go north on Reading Road. Follow Reading Road to Elizabeth Place and turn left (there is a fish restaurant across the street from Elizabeth Place). The Community Center and parking lot will be on your left.

Basketball –Volleyball - Celebration of Athletes

College Hill Recreation Center, 5545 Belmont Avenue, 45224

From North - Take I-75 South to the Ronald Reagan Highway/Galbraith Road (Rt. 126) Exit # 10. When you get to the end of the exit ramp you need to turn left and follow the signs for 126. Stay in the Right hand lane. There will be an exit ramp off of Galbraith Road for Ronald Reagan Highway/ Rt. 126. Turn right onto the ramp. Follow Rt. 126 West until the Hamilton Ave. Exit. When you get to the end of the exit ramp, turn left to go south on Hamilton Avenue (Rt. 127). Continue on Hamilton Ave for about 2.5 miles until the intersection of Belmont Ave. Make a hard right onto Belmont. The Center will be on the left-hand side at 5545 Belmont Avenue.

From South - Take I –75 North to the Ronald Reagan Cross County Highway Exit #10A. Take the 126 West exit. Follow Rt. 126 West until the Hamilton Ave. Exit. When you get to the end of the exit ramp turn left to go south on Hamilton Avenue (Rt. 127). Continue on Hamilton Ave for about 2.5 miles until the intersection of Belmont Ave. Make a hard right onto Belmont. The Center will be on the left-hand side at 5545 Belmont Avenue.

Bowling - Colerain Bowl 9189 Colerain Avenue, 45251

From I-275 (east or west): Take the Colerain Avenue exit and head south. The bowling alley is approximately two miles from the exit and on your right.

Cycling - Mt. Airy Forest, Colerain Avenue, 45223

I-74 west, Colerain Avenue exit, turn left off the exit and go north on Colerain up the big hill. Turn left into the main entrance, then left inside the park. From I-275, take the Colerain Ave exit and go south at least 5 miles on Colerain. Turn right into the park, then bear left. Go to the large circle with the shelter in the center. The cycling course is marked.

Eight Ball Pool – Princeton Bowl, 11711 Princeton Road, 45246

From I-275 East Take the OH-747 Exit # 42 towards Springdale/Glendale. At the end of the exit turn right onto Princeton Road/OH-747. Once on 747, look for the sign on your right and turn right into parking area. Follow the road back to the bowling alley on your right.

From I-275 West to Princeton Pike/OH – 747 South Exit 42A toward Springdale/Glendale. Once on 747, look for the sign on your right and turn right into parking area. Follow the road back to the bowling alley on your right.

Golf – Glenview Golf Course, 10965 Springfield Pike, 45246

I-75 to Exit 15, Sharon Road Exit. Turn towards Glendale(traveling west)onto Sharon Road. Travel approximately 2 miles to Springfield Pike and Turn Left. The Golf Course the course is on the right.

Horseshoes – Moose Lodge, 8944 Colerain Avenue, 45253

From I-275 (east or west): Take the Colerain Avenue exit and head south. The Moose Lodge is approximately 2 1/5 miles down on the left. Turn left at the light at Target and follow the road back to the Moose Lodge.

2010 Southwest Ohio Senior Olympics Event Directions

Rowing - CRC Rowing and Fitness Center, 925 Eastern Avenue, 45202

Take I-75 or I-71 downtown to Pete Rose Way. Follow Pete Rose Way east and it will become Eastern Avenue. Montgomery Inn is on the right. The center is in the lower part of the building with the entrance facing the river.

Shuffleboard – Lincoln Recreation Center, 1027 Linn Street, 45203

Take I-75 South to the Ezzard Charles Dr. Exit. At the light at the end of the exit, turn left, and go back over I-75. Continue on Ezzard Charles Dr. until you come to the light at Ezzard Charles and Linn Street. Turn right onto Linn Street. Go 1 block and the center will be on your right. At the end of the center is a driveway that leads to the rear parking lot. There is an entrance from the rear of the building.

Swimming - Mason Community Center, 6050 Mason-Montgomery Rd, Mason, Ohio, 45040

From Interstate 75 - Take the Tylersville Road/Mason, Exit 22 and proceed EAST on Tylersville Road into Mason. Continue past the WLW radio tower and US Route 42. Turn LEFT at the intersection of Tylersville Road and Mason-Montgomery Road. The Mason Community Campus will be on your RIGHT – past the Mason Middle School. Signs will direct you to the Community Center.

From Interstate 71 (North) - Take the Fields-Ertel/Mason-Montgomery Road Exit 19 and turn LEFT onto Mason-Montgomery Road. Continue NORTH on Mason-Montgomery Road, approximately 4 miles. Pass through the Mason-Montgomery Road/Tylersville Road intersection. The Mason Community Campus will be on your RIGHT – past the Mason Middle School. Signs will direct you to the Community Center.

From Interstate 71 (South) - Take the Fields-Ertel/Mason-Montgomery Road Exit 19 and turn RIGHT onto Mason-Montgomery Road. Continue NORTH on Mason-Montgomery Road, approximately 4 miles. Pass through the Mason-Montgomery Road/Tylersville Road intersection. The Mason Community Campus will be on your RIGHT – past the Mason Middle School. Signs will direct you to the Community Center.

Table Tennis – Pleasant Ridge Montessori School, 5945 Montgomery Road, 45213

From I-71 North to the Ridge Avenue North Exit, Exit 8C. Turn Right onto Ridge Avenue. Turn left onto Woodford Road. Turn left onto Montgomery Rd/US-22/OH-3. The School will be on the right and there is parking in the rear of the building. You will enter from the back near the gymnasium.

From I 71 South to the Ridge Ave/Kennedy Ave Exit, Exit 8. At the light at the end of the exit turn left onto Highland Avenue. At the next light turn right onto Ridge Avenue. Turn left onto Woodford Road. Turn left onto Montgomery Rd/US-22/OH-3. The School will be on the right and there is parking in the rear of the building. You will enter from the back near the gymnasium.

Tennis - Colonial Racquet Club, 6650 Hamilton Ave, 45224

Take Cross County Highway to the North College Hill-Mt. Healthy Exit. Go south on Hamilton Ave. The building is behind IGA and Walgreens.

Track & Field - La Salle High School, 3091 North Bend Road, 45239

Take I-74 North to the North Bend Road Exit#14. Turn Right at the end of the exit. Continue until the light at North Bend Road. Turn right at the light. Continue on North Bend for approximately 1 mile, the school will be on your right. The track is located behind the school.

Southwest Ohio Senior Olympics

Spirit Awards

Again this year, the Southwest Ohio Senior Olympics will be giving out the Spirit Awards. These awards are truly for the athletes. We need your help as fellow Olympians to nominate any participant you feel has achieved a personal victory. For example, "Stan Jones was nominated by another Olympian for his personal swimming record in the 50yd Freestyle", or "Barb Smith has never competed before but trained very hard and was so proud when she finished the 1500M Racewalk."

These achievements can be life changing and should be noticed and applauded.

Nomination forms will be available and accepted at each Senior Olympic event.

These awards will be given out at the Celebration of Athletes social on Saturday, May 15, 2010.

Please see the front cover for information on the Celebration of Athletes.

Ohio Senior Olympics

2010 State Games

The location for the 2010 State Games will be in northeast Ohio again, with locations in the greater Akron and Youngstown areas. The games organizers in Akron and Youngstown have agreed to jointly host the games in the northeast Ohio region. Details about the events have not yet been worked out. You can also check the Ohio Senior Olympics web site for updates as they become available.



Senior Olympics is amateur athletic competition for men and women ages 50 and older. The State Games are held every year, in rotating sites around the state. The Ohio Senior Olympic games are open to all athletes- both residents of Ohio and those athletes from out of state.

The state games are hosted by the regional games around the state, in a two year cycle. The state games held in even numbered years (2010, 2012, etc.) act as the qualifying competition for The National Senior Games: The Senior Olympics, which are held in the next odd numbered year (2011, 2013, etc.).

Ohio Senior Olympics Website Address:
www.ohioseniorolympics.org

Senior Olympics Info Line: (513) 421-5222 • Fax# (513) 352-1605

Senior Olympics Email: seniorolympics@cincinnati-oh.gov

CRC Website Address: www.cincyrec.org

Cincinnati Recreation Commission

805 Central Avenue • Suite 800 • Cincinnati, Ohio • 45202
Senior Olympics Info Line: (513) 421-5222 • Fax# (513) 352-1605
Senior Olympics Email: seniorolympics@cincinnati-oh.gov
www.cincyrec.org/seniorolympics

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STANDARD
U.S POSTAGE PAID
CINCINNATI, OH
PERMIT # 4675

Southwest Ohio
Senior Olympics

Celebrating

30 Years of

Athletic

Competition

1980-2010



April 6 - May 15, 2010

Program and Registration

THANK YOU to our SPONSORS:

Cincinnati Recreation Commission

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